

## Love Conquers All! (And a little bit of Arc along the way...)

Meet Mike and Michaela and their little dog, Peppa Pig! After a long and tough journey, we're thrilled to see these 3 secure a home of their own.

Mike and Michaela both came to us after becoming homeless due to struggles with their mental health and alcohol addictions. However they came to us separately, never having met each other before. Michaela was provided a room at our hostel Lindley House and soon after, Mike and Peppa moved into the room next door.

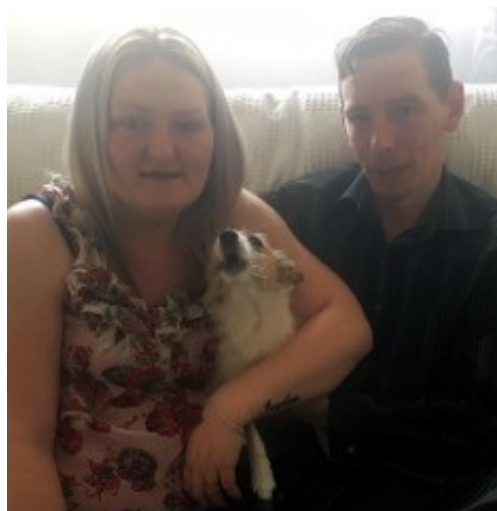
Despite the support provided, the road to recovery was hard as both were facing a difficult time in their lives. Michaela told us "I gave up on life. I felt like I had no purpose and I was a failure to everyone."

Having lived next door to each other for 4 months, Mike and Michaela had never said a word to each other. However one night they sparked up a conversation and hit it off straight away! Providing support for one another, the two of them become closer and they helped each other through as a couple.

Soon after, Mike was able to secure himself a job! With this progression, the two of them moved to one of our more independent satellite properties. Just a few months later and Mike and Michaela have found themselves a home of their own.

Speaking to them in their lovely new home, it is clear that they have been each other's rocks, facing their demons and overcoming their addictions together. They tell us "they gave each other a reason to live again, put a spark back into life and decided to give life another go!"

We're so proud of these two and wish them and little Peppa the best of luck in their new home.



## Seasons Greetings!

Yes we really have made it to that time of the year! The past year seems to have whizzed by but we look back with pride at all the clients we have helped this year and the services we have been able to offer. That is all thanks to you as a kind supporter of ours. Wishing you a Merry Christmas and a Happy 2020!

## Volunteering Opportunities

### Volunteer Food Collectors

We are looking for volunteers to collect food and deliver to Lindley House from:

- > Tesco Express (High Street): Monday AM
- > Greggs (Orchard Centre): Monday, Thursday and Friday PM
- > Tesco Superstore: Saturday PM

Please contact Rosie for more information on:  
[rsandy@arcinspire.co.uk](mailto:rsandy@arcinspire.co.uk)

## A warm welcome to our new volunteers

We're delighted to welcome 3 new volunteers: Ani, Courtney and Elizabeth who are assisting with food collections. All 3 were introduced to us following our connection with local business 'Davitt Jones Bould'. They tell us...

*"For the last 5 years Davitt Jones Bould has undertaken an initiative to work with those who have become homeless, with the aim of helping them get back on their feet with a fresh start in life. To date, the firm has assisted four people and is now looking to help a fifth. We have found the initiative not only successful for those we assisted, but rewarding for those in the firm taking part in helping those to get back to a regular working life."*

*We are all delighted that we are volunteering for Arc, we have been looking for an opportunity to do something like this for a while, it is great to be helping out and making a difference. We are looking forward to meeting new people from different backgrounds whilst volunteering and encouraging others to get involved with this great charity."*

**A huge thank you from Arc to Davitt Jones Bould and our 3 new volunteers!**



# THE GREATEST WEALTH IS HEALTH

Our client's health and wellbeing is our priority and so we're really pleased to be introducing new services to support this. One of the items at the top of our 'Lindley Refurbishment list of things to do' is to transform a room into a new GP Clinic and counselling space with a waiting area. We're very lucky to have twice weekly visits from a local GP to run check-ups with our clients but the space we currently use is small and inadequate for what we need. The new space will be larger, more clinical and more suitable. It will also be used by Eddystone Trust (sexual health) and Forgotten Feet (podiatry) who already run clinics at our hostel. A separate counselling room will be built in for our volunteer counsellors to provide their sessions in a confidential and comforting space.

We are now also delighted to offer monthly physical health checks thanks to the fantastic 'Thrive Tribe' who will be providing blood pressure, glucose and cholesterol tests for our clients over 40, as well as offering general health advice and signposting.

In addition to this, 4 of Arc's staff members are now trained in 'dry spot testing' for hepatitis. This will enable us to fast track our residents and rough sleepers for treatment with the Hepatology Team, making their recovery much

quicker and risk of infecting others less likely.

Finally, we are looking forward to welcoming Liver Nurse Specialists in the New Year for monthly drop ins where they can test and advise clients in-house.

To Arc

*I would like to write a letter to recognise someone's brilliance - 'Mandy'. I think it's only fair to point out how amazing she has been. I waited for ages for the council to get me to where I am. In fact, I have all at Arc to thank for where I am, but Mandy has it pretty tough sometimes - sharing everyone's pain. Only something an empath could do. I truly believe she should be recognised for all she does as it was her take charge attitude taking me down the council that got me meeting with Arc. I have never been more happy. I would also like to thank Sherri for being wonderfully amazing. She has the patience of a saint filling out all of that paperwork and getting me settled into the house. Thank you so much all of you at Arc.*

*"Every sunrise is an invitation for us to arise and brighten someone's day"*

Thank you Thank you THANK YOU

*To all of you wonderful people, thank you once again. I am truly grateful for everything you have done for me. I will remember it always.*

All the very best from

Jamie



*Thank you to Jamie for this lovely letter, mentioning Mandy from our Outreach Team and Sherri from our Pathway Team*

We were thrilled to attend this year's Somerset Business Awards having been shortlisted as



'Charity of the Year', Although we did not come away with the award, we are delighted to be a 2019 finalist with 2 other fab charities.

## This Christmas...

We always do our best to provide a Happy Christmas for those who are facing difficult times. It is down to your generous donations that we are able to offer celebrations such as...

- > A traditional joint Christmas Dinner for everyone we support including rough sleepers
- > Providing hampers to our satellite properties so they can enjoy some Christmas luxuries together! (Can you help with this?)
- > A big Christmas buffet with lots of party food!
- > Christmas presents for all clients through our shoebox appeal (more info on this below)
- > We're also lucky to have local businesses coming in to provide special Christmas meals, such as Augustus and Ethic Street Pizza.

### Christmas Shoeboxes:

We are accepting these between 2nd Dec—18th Dec this year and our request for box contents has changed slightly this year: Toothpaste, toothbrush, deodorant, shower gel, shampoo, sponge, sweets/choc, socks, notepad + pen, small 2020 diary. We are not asking for hats, scarves or gloves this year as we have a large stock from previous years. Contact us for more info.

